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In a recent study, zinc supplementation demonstrated a protective effect on the heart by functioning as an anti-inflammatory and antioxidant.

ZINC SUPPLEMENTATION MAY PROTECT AGAINST HEART DISEASE

Chronic inflammation and oxidative stress are important risk factors for heart disease. Zinc is an essential mineral with both anti-inflammatory and antioxidant functions. Because of these properties, zinc may play a role in protecting the heart.

To examine the effect of zinc on markers of inflammation, researchers conducted a randomized, double-blind, placebo-controlled trial of zinc supplementation in elderly subjects. Forty healthy elderly subjects (aged 56-83 years) were randomly assigned to 2 groups. One group received placebo; the other received 45 mg of zinc per day for 6 months.

Compared to the placebo, six months of zinc supplementation increased plasma zinc concentrations and decreased several markers associated with inflammation. Higher zinc levels were also related to a decrease in markers associated with oxidative stress.

The findings of this research suggest that zinc may have a protective effect in coronary artery disease thanks to its anti-inflammatory and antioxidant properties.

Bao B, Prasad AS, Beck FW, Fitzgerald JT, Snell D, Bao GW, Singh T, Cardozo LJ. Zinc decreases C-reactive protein, lipid peroxidation, and inflammatory cytokines in elderly subjects: a potential implication of zinc as an atheroprotective agent. 2010. AJCN 91:1634-41.